

Dear Parents and Guardians of Lake Wilderness Children,

My role as your school counselor is to support a strong connection between family and school. I often consult with parents regarding family issues that may impact their child's ability to fully participate in school: Job change, moving, money worries, medical condition, peer or sibling issues, parent stress, separation/divorce, illness, death.

Our lives are especially stressful during this time of economic crisis. Here are some resources that your family might consider to help stretch that family dollar:

1. Free or reduced meals at school: This confidential program provides a convenient way for our children to eat breakfast and lunch at school and reduces morning stress at home. The number of students in our school participating in this program impacts our reading assistance program funding, so family participation benefits our whole school. Applications are available at www.tahomasd.us/programs/foodservice or in our office.
2. PTSA Scholarships: Our wonderful PTSA generously contributes to our scholarship fund so that every child can fully participate in field trips and Camp Casey. Please contact me if you need this assistance.
3. School Supplies: The Maple Valley Food Bank is one of our best community resources. Every August, they provide hundreds of backpacks full of the school supplies our children need for the first day of school. www.maplevalleyfoodbank.org or 425-432-8239. Throughout the year, I often have access to some donated items. Please check with me if your child needs support for school supplies.
4. Keeping a roof over your head: These are days of very serious financial worries for many of our Lake Wilderness families. The Food Bank provides access to financial assistance to help pay utility bills, and other housing-related expenses. They often refer families to Solid Ground Mortgage Counseling: 206-694-6766 or www.solid-ground.org.
5. In some very difficult circumstances, it becomes necessary for a family to live temporarily with another family or somewhere else that is not in our attendance area. I can help arrange for the students to continue to attend Lake Wilderness according to the federal McKinney-Vento law. Please let me know if you need that assistance.

I look forward to meeting you and your children. At Lake Wilderness we work hard to make school a safe and happy place for every child and parent. Please contact me if I can be of assistance.

Sincerely,

Rebecca L. Bowen, M.Ed.
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